



Gut Balance Cookbook for Vegetarians: Simple, Delicious, Pro-Microbiome Recipes for Two

Mrs. Matilda Delaney

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As a vegetarian chef and a vegan writer, my husband and I have had a challenging time finding gut-healing recipes that are delicious and healthy. So, a few years ago we began creating them ourselves. Some of our recipes are a result of trial and error, and a few are the result of creative substitution. Our primary goal for this cookbook was to create original recipes with gut healing, vegetarian ingredients that can be easily obtained at most supermarkets. It goes without saying that we recommend fresh, organic produce wherever possible. Have Fun in the Kitchen! -Matilda

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